

## **Maine CDC/DHHS Public Health Update**

**February 3, 2011**

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### **CARDIOVASCULAR DISEASE**

Every 39 seconds, an adult dies from a cardiovascular disease such as a heart attack or stroke. Cardiovascular disease claims the lives of more than 800,000 adults each year, 150,000 of whom are under the age of 65.

February is American Heart Month: <http://www.cdc.gov/Features/HeartMonth/>

This month's edition of CDC *Vital Signs* focuses on cardiovascular disease and what we can do to increase control of high blood pressure and cholesterol -- reducing the number of heart attacks, strokes, and other cardiovascular diseases in the United States: <http://www.cdc.gov/Features/VitalSigns/CardiovascularDisease/>

Tomorrow is National Wear Red Day, established to help raise awareness about heart disease in women: <http://www.cdc.gov/Features/WearRed/>

For more information on cardiovascular health, visit <http://www.mainehearthealth.org/>

### **INFLUENZA UPDATE**

Flu activity is now widespread in Maine. For more information, see this Health Alert: <http://www.maine.gov/tools/whatsnew/attach.php?id=191687&an=2>

Weekly updates on flu activity in Maine are available at [http://www.maine.gov/dhhs/boh/influenza\\_surveillance\\_weekly\\_updates.shtml](http://www.maine.gov/dhhs/boh/influenza_surveillance_weekly_updates.shtml)

Weekly updates for the US are available at <http://www.cdc.gov/flu/weekly/summary.htm> and international updates are available at <http://www.cdc.gov/flu/international/activity.htm>.

It is not too late to be vaccinated against the flu this season. To obtain flu vaccine, contact your health care provider, or look up clinics at [www.flu.gov](http://www.flu.gov) or [www.211maine.org](http://www.211maine.org)

### **CHILD HEALTH SYSTEM PERFORMANCE**

Maine ranks fourth overall in a new Commonwealth Fund state-by-state scorecard which finds that federal and state action on behalf of children has helped preserve, and even expand, health coverage. The *State Scorecard on Child Health System Performance, 2011*, examines states' performance on 20 key indicators of children's health care access, affordability of care, prevention and treatment, the potential to lead healthy lives, and health system equity.

For Maine's state snapshot, visit: <http://www.commonwealthfund.org/Maps-and-Data/State-Data-Center/Child-Health/DataByState/State.aspx?state=ME>

## WELLNESS SCHOOL ASSESSMENT TOOL

In passing the Child Nutrition and WIC (Women, Infants and Children program) Reauthorization Act of 2004, Congress mandated that all school districts participating in federal school meal programs create and implement school wellness policies by July 2006. These policies must address nutrition education, nutrition standards for foods sold, and physical activity, and must include measures for evaluating the policy's effectiveness. By completing the Wellness School Assessment Tool (<http://wellsat.org/default.aspx>), users will be able to assess the quality of their school district's wellness policy, and will be provided with personalized guidance and resources for making improvements, based on the assessment.

## DIETARY GUIDELINES

The 2010 Dietary Guidelines for Americans have been released. More than one-third of children and more than two-thirds of adults in the US are overweight or obese, so these guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity. For more information, see this press release:

<http://www.hhs.gov/news/press/2011pres/01/20110131a.html>

## HEALTH REFORM

A new report shows that the government's health care fraud prevention and enforcement efforts have recovered more than \$4 billion in taxpayer dollars in Fiscal Year 2010. This is the highest annual amount ever recovered from people who attempted to defraud seniors and taxpayers. For more information, see this press release:

<http://www.hhs.gov/news/press/2011pres/01/20110124a.html>

## OTHER UPDATES

- The Maine Animal Rabies fourth quarter update is now available:  
<http://www.maine.gov/tools/whatsnew/attach.php?id=189135&an=2>
- The US and Russia have signed a Protocol of Intent on Cooperation for the Global Eradication of Polio:  
<http://www.hhs.gov/news/press/2011pres/01/20110127a.html>
- The US Surgeon General has issued a "Call to Action to Support Breastfeeding," outlining steps that can be taken to remove some of the obstacles faced by women who want to breastfeed their babies. For more information: <http://www.hhs.gov/news/press/2011pres/01/20110120a.html>
- US CDC has created a free online violence prevention course. For more information, visit [www.vetoviolence.org/pop](http://www.vetoviolence.org/pop)
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## STAY UPDATED

You may subscribe to these updates for free through an RSS feed, by clicking on this link:

<http://www.maine.gov/tools/whatsnew/rss.php?tid=1049>. In Internet Explorer and Firefox, you will be prompted to Subscribe to the Feed and then select the folder where feeds are stored.

- **Follow Maine CDC's Social Media Updates:**
  - **Facebook** ([www.facebook.com/MaineCDC](http://www.facebook.com/MaineCDC))
  - **Twitter** (<http://twitter.com/MEPublicHealth>)
  - **Blog** (<http://mainepublichealth.blogspot.com>)

- **For clinical consultation and outbreak management guidance,** call Maine CDC's toll free 24-hour phone line at: 1-800-821-5821.